# REFINED NUTRITION INDIA

Premium Sports Nutrition & Fitness Guide

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# About Refined Nutrition India

Evidence-informed sports nutrition for performance, recovery and wellness.

# Protein Basics

Protein helps maintain and build muscle while supporting recovery.

# Whey Protein

A complete protein with all essential amino acids and rapid digestion.

## Comparison

| Feature | Isolate | Concentrate |
|---|---|---|
| Protein % | Higher | Lower |
| Lactose | Lower | Higher |
| Fat | Lower | Higher |
| Best For | Lean goals | General use |

# Pre-Workout

Ingredients may support energy, focus and exercise performance when used as directed.

# Recovery

Prioritize sleep, hydration, protein and balanced meals.

# Daily Nutrition

Eat whole foods, fruits, vegetables, healthy fats and adequate protein.

# Training Tips

Progressive overload, consistency and proper form matter most.

# Hydration

Drink fluids throughout the day and around training.

# FAQs

Q: Can supplements replace food?
A: No. They complement a balanced diet.

# References

WHO healthy diet guidance; International Society of Sports Nutrition position stands.

# Disclaimer

Educational content only. Not medical advice.

# Contact

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